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RECORD-SETTING RESEARCH

LLU School of Medicine Center for Perinatal Biology makes history

By James Ponder

The Center for Perinatal Biology at Loma Linda University School of Medicine (LLUSM) recently made history when the National Institutes of Health (NIH) renewed a \$2 million research grant to allow the center to continue studying the fundamental mechanisms that regulate cerebral blood flow to the brain of the fetus and newborn infant.

The grant—which has named Lawrence D. Longo, MD, center director, as principal investigator since it was first awarded in 1973—is one of the longest continually funded studies in the history of the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) at the NIH.

With this latest extension, the study will have been running nonstop at LLU School of Medicine for 44 years when it comes up for renewal in 2018.

The historic grant isn't the only good news the center received recently.

The organization was also awarded a \$6.67 million renewal of a five-year program project grant from NICHD to continue studying

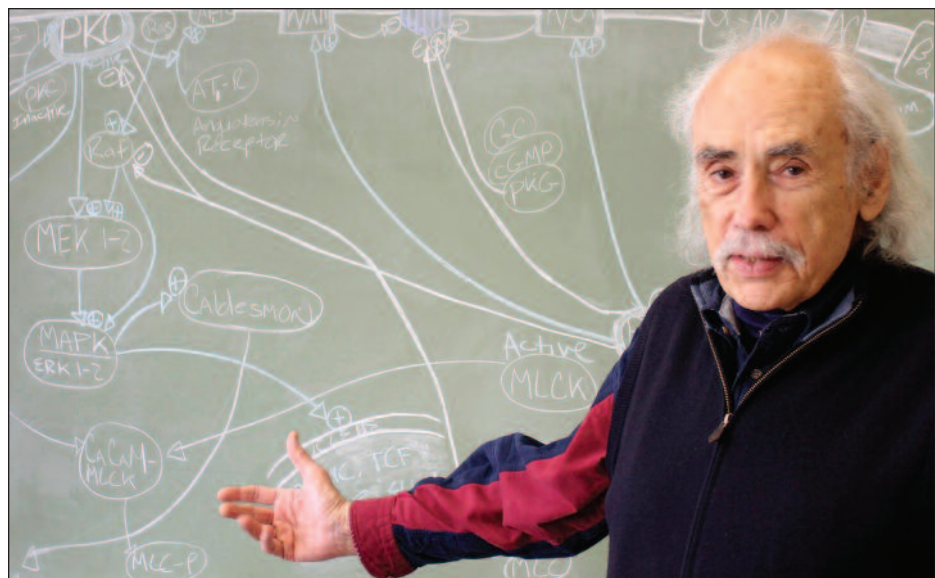
the process of acclimatization to hypoxia, or lack of oxygen, at high altitude.

"Publications from the high-altitude research study are one reason why the Center for Perinatal Biology is so well known," says Dr. Longo, alluding to his laboratory's international reputation among researchers.

Titled "Mechanism of Acclimatization: Fetus and Adult," the study has enjoyed near-legendary longevity, and it has made the School of Medicine the most frequent user of the University of California's Barcroft Research Laboratory, located at an elevation of 12,470 feet in the White Mountains above Bishop, California.

"Our studies concern the effects of hypoxia on fetal development and the closing of the ductus arteriosus after birth," Dr. Longo adds. "But they also have great relevance to the adult at high altitude."

In fact, the studies contribute to scientific understanding of a number of medical complications including acute mountain sickness, acute pulmonary edema, acute cerebral edema, and related disorders that may affect climbers, hikers, and other athletes.



According to Lawrence D. Longo, MD, director of the Center for Perinatal Biology at Loma Linda University School of Medicine, research isn't as uncomplicated as it might first appear. Standing in front of a chalkboard in the laboratory, Dr. Longo recites a quotation from his mentor that summarizes his work ethic as well as the image on the board: "If research were easy, everybody would be doing it!"

"These high-altitude studies have great relevance to other places," Dr. Longo says, "such as the Rocky Mountains of Colorado, the South American Altiplano, the Tibetan highlands, and other regions of the world."

Although his colleagues credit him as the driving force behind the center's success, Dr. Longo is reluctant to deflect praise away from his team.

"One of the things that makes our center

unique," he insists, "is that we have outstanding faculty members such as Drs. Charles A. Ducas, William J. Pearce, Gordon G. Power, Steven M. Yellon, Lubo Zhang, and others. They come from different backgrounds and disciplines, but they bring a passion that has helped to advance the frontiers of science."

Although modesty prevents Dr. Longo from taking credit for the center's remarkable accomplishments or talking about them at length, LLU President Richard H. Hart, MD, DrPH, is expansive in his evaluation.

"The remarkable thing about the Center for Perinatal Biology," Dr. Hart notes, "is both the longevity and productivity of its investigators. Maintaining NIH funding for more than 40 years is a tribute to the team approach, continuously inquisitive minds, up-to-date knowledge of the field, and persistence unmatched among researchers. Maintaining a humble and quiet demeanor in the midst of these accomplishments is truly a gift from God. Loma Linda has been blessed for four decades by Dr. Longo and his team, and we salute each one of them for giving us a living example of research at its absolute best."

Not surprisingly, H. Roger Hadley, MD, dean of LLUSM, calls attention to the center's educational contributions in teaching and mentoring students.

"Often overshadowed by their extraordinary contributions to medical science are the unique opportunities the center has provided to hundreds of promising high school, college, and medical students who have spent summers in

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STUDENT OUTREACH

School of Pharmacy students handcraft blankets for HIV patients

Contributed report

For the second straight year, Loma Linda University School of Pharmacy students, under the direction of Jerika Lam, PharmD, assistant professor of pharmacotherapy and outcomes sciences, reached out to HIV patients at the Riverside County HIV clinics in Perris and Riverside.

In addition to their other activities at the HIV clinic, several of the students decided to "go the extra mile" for the HIV patients, organizing student efforts to handcraft 24 blankets.

School of Pharmacy students Emily Garispe, Cathy Thach, Aimee Kohatsu, and Tim Honrada organized the outreach and hosted a blanket party during February.

They were joined by fellow students and spent many hours cutting, sewing, and stitching

together yards of decorative cloth into the blankets—all in addition to their busy class and study schedules.

"Our outreach at the clinic is part of an effort to destigmatize HIV and to promote wholeness," explains Dr. Lam.

"Through the outreach event," she continues, "we hope to bring awareness to our pharmacy students that there are people who are less fortunate than we."

Dr. Lam adds, "We should take time from our busy lives to help them in any feasible way."

She emphasizes, "More importantly, this outreach event is designed to reinforce the Christian principles of humanity, compassion, and humility through the students' continued efforts to serve the underserved within our communities."



Pharmacy students and faculty (back row, from left) Thuy Nguyen; Kristin Joe; Timothy Honrada; (seated, from left) Emily Garispe; Jerika Lam, PharmD; Dana Hexum; Ashley Nguyen, PharmD; Aimee Kohatsu; and Cathy Thach distribute handmade blankets to HIV patients.

FACULTY RESEARCH

Dentistry faculty research published

By Doug Hackleman

Professional research articles by Loma Linda University School of Dentistry Associate Professor Nikola Angelov, DDS, MS, PhD, director of the pre-doctoral program in periodontics, were recently published in *Human Immunology* (March 5, 2011) and *Lasers in Medical Science* (February 25, 2011).

Dr. Angelov and his co-authors in *Human Immunology* "were aware that genetic polymorphisms in the interleukin-4 (IL4) gene have been reported to influence the host response to microbial challenge by altering levels of cytokine expression.

"We analyzed nucleotide polymorphisms in the promoter region of the IL4 gene and its relation with periodontal disease in a Macedonian population," Dr. Angelov and his colleagues reported, finding that "cytokine polymorphism on the IL4 gene appears to be associated with susceptibility to chronic periodontitis in Macedonians."

In their *Lasers in Medical Science* article, Dr. Angelov and associates "sought to evaluate the effect of low-level laser treatment, combined with scaling and root planing (SRP), on gingival tissue levels of TNF-alpha in subjects with periodontal disease."

"The results of this study show suppression of TNF-alpha in gingival tissue after low-level laser treatment as adjunct to SRP. Data may suggest beneficial anti-inflammatory effects of the laser treatment when used as adjunctive periodontal treatment."

"Dr. Angelov's publications provide new scientific information not only on periodontal diseases but also regarding the inter-relationship between periodontal diseases and systemic health, which is one of the research emphases of the School of Dentistry," said Yiming Li, DDS, PhD, MS, director, LLU Center for Dental Research.

Dr. Li adds, "These publications are also outstanding examples of the international research collaboration by our faculty."



Nikola Angelov, DDS, MS, PhD

School of Nursing welcomes alumni during weekend reunion ...

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Rwanda, she took a furlough to visit Switzerland where she studied and became fluent in French to accommodate the shortage of French-speaking teachers at Mugonero Hospital.

In 1983, Ms. Bullard returned to the United States and accepted a position as assistant professor at Oakwood.

In 1996, she left Oakwood to return to East Africa, where she served as a nursing instructor until she retired in 2002. Her years of dedication to nursing, service to others, and love of teaching have provided her with a life of joy. She now lives in Florida with her family.

Ms. Bullard was not able to attend the alumni banquet because of health reasons. However, her classmate and friend, Sylvia Skantz, represented Ms. Bullard and received the award on her behalf.

"Ms. Bullard's love of nursing and concern for her students' well-being have been cherished by many who worked with her or were taught by her," said Ms. Skantz.

Several classes made financial donations to the school during the alumni weekend. These gifts totaled more than \$63,000.

"The School of Nursing has been continuously blessed with generous alumni," says Carrie Bryner, MBA, director of development. "It is truly amazing to see the impact that these funds have on the students in our program."

She continues, "On behalf of the School of Nursing, please accept my sincere gratitude for the difference you, as alumni, have made. It makes a big difference."

Dr. Zamora was also very passionate about the involvement of alumni in the school, and how it benefits current students.

"I especially want to thank Roxy Games and Lisa Highton, who were instrumental in getting their respective classes to participate in the worship services," states Dr. Zamora. "We hope you continue to support nursing education here at Loma Linda University School of Nursing. Thank you for your monetary gifts to the skills lab and student scholarships. It is because of each of you that we continue to flourish 106 years later!"

PHILANTHROPY

Donors remember friends taken in tragic plane crash

By Dustin R. Jones

When a tragic plane crash in Montana abruptly ended the lives of six Loma Linda University alumni, seven children, and the pilot, it affected family members, friends, and neighbors across the country.

Brent Ching, a 1998 School of Dentistry graduate, his wife Kristen Mautz Ching, a 2000 School of Nursing graduate, and their two small children, Hailey, age 5, and Caleb, age 4, were among those killed in the crash on Sunday, March 22, 2009.

Kristen Ching had been a regular client of a day spa in Chico, California, called Face. Friends there were overtaken by grief at the loss of the Ching family and wanted to do something to honor and memorialize them.

Dale and Janet Grell decided to give friends a chance to contribute to a memorial fund. They distributed wrist bands to contributors and the result of this outpouring of generosity was more than \$5,500.

The Grells contacted Maynard Lowry, PhD, director of gift planning and special gifts for the LLU School of Dentistry.

After consulting with the family of Dr. Ching, the Grells and their friends in Chico made the decision to select a table and bench situated alongside the Centennial Pathway in memory of the Ching family.

The Centennial Pathway is now under construction and when it is completed, friends and family of the Ching family will know that their friends and loved ones are remembered far beyond their local community.



Dale and Janet Grell present a check in memory of their friends, Brent and Kristen Ching, to Maynard Lowry, PhD, director of gift planning and special gifts, School of Dentistry.

LLU School of Medicine Center for Perinatal Biology makes history ...

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the center's labs being introduced to the intrigues of science," Dr. Hadley observes. "Many of these nascent protégés have gone on to remarkable careers as professors in many of the top research centers in the world."

Steven M. Yellon, PhD, a faculty member at the center, and director of the advanced imaging and microscopy core facility at LLUSM, points out that Dr. Longo was instrumental in acquiring more than \$1 million in funding from the National Science Foundation (NSF) to obtain a sophisticated laser-scanning confocal microscope system for use by investigators at LLU.

He adds that the process of receiving an NIH grant award is extremely competitive.

"It is an especially remarkable achievement for Dr. Longo's program to sustain such high appreciation," Dr. Yellon observes. "The average lifespan of funded research grants is somewhere in the vicinity of five to seven years, yet for decades, Dr. Longo has continued to impress an ever-changing group of nationally prominent

investigators in multiple scientific review panels with his creativity and innovation!"

As impressive as these recent grants are, they're only the latest in a long succession of awards the center has received.

Dr. Longo says that at a recent meeting of the Loma Linda University Board of Directors, it was reported that in the last four decades, the center has attracted more than \$100 million in peer-reviewed research from the NIH, NSF, American Heart Association, March of Dimes, Hedco Foundation, and other organizations.

According to Dr. Yellon, the consensus of Dr. Longo's colleagues is that his role in training students and postdoctoral fellows is internationally recognized. Education is also the aspect of his work that brings Dr. Longo the greatest amount of personal satisfaction. "More than 100 of our postdoctoral fellows are now doing work in 20 different countries," he shares. "Almost all of them are in academic medicine."

One of his earliest postdoctoral fellows went on to become the obstetrician for the Japanese imperial family and has delivered children for the Empress of Japan.

Another one, Ronald Lorijn, MD, PhD, MBA, has made important, cutting-edge contributions at Amsterdam Molecular Therapeutics, Pepscan Therapeutics, and Amgen Europe.

Looking back on his career, the octogenarian researcher says it's a privilege to have been associated with Loma Linda University for so many years. "I love LLU and its mission!" Dr. Longo says. "We are blessed!"

That doesn't mean, however, that he considers research an easy line of work.

"Every day is a challenge," he confides, "and you have to have good ideas and the ability to make techniques work if you want to make it in research."

"As one of my mentors used to say, 'If research were easy, everybody would be doing it!'"

OPEN FOR BUSINESS

Loma Linda University Medical Center–Murrieta opens April 15 after receiving license from state health department

Contributed report

Loma Linda University Medical Center–Murrieta officially opened its doors to patients on Friday, April 15, following receipt of its patient care license from the California Department of Public Health.

After a second survey earlier in the week, the health department stated that the hospital was ready to open.

“This project started as a vision of many people seven years ago; 27 months ago, we broke ground,” says Bruce Christian, president and CEO of Loma Linda University Medical Center–Murrieta. “Today, we are ready to begin meeting the medical needs of this wonderful community.”

Loma Linda University Medical Center, in partnership with local physicians, brought its renowned commitment for premier health services to a new, state-of-the-art hospital in

Murrieta. LLUMC–Murrieta will serve Southern California’s southwest Riverside County, including the communities of Murrieta, Temecula, Menifee, Canyon Lake, Wildomar, and Lake Elsinore. LLUMC–Murrieta will provide the highest quality medical care with a mission-focused team of medical professionals.

“We are grateful to those who helped us move so quickly—from the construction teams, to our employees who have prepared themselves and this facility, to our physicians who have supported this vision and trained hard to be here. We express gratitude to all those who have made this day possible,” states Mr. Christian. “We now begin a journey that includes the community in a more tangible way and affirms our commitment to our mission of continuing the teaching and healing ministry of Jesus Christ.”

For more information on hospital services, please visit the website at <llumcmurrieta.org> or call (951) 290-4000.



Loma Linda University Medical Center–Murrieta officially opened its doors to patients on April 15.

ACADEMIC EXCELLENCE

Respiratory therapy students take part in regional academic competition

By Heather Reifsnyder

If you’ve ever wondered the boiling point of nitrogen, or how much oxygen a gram of hemoglobin can carry, the Sputum Bowl is the right place to go. Loma Linda University students participated in this respiratory care academic competition April 7 at Arrowhead Regional Medical Center against their peers from five other Inland Empire area schools.

Two LLU teams participated, consisting of juniors and seniors in the bachelor’s degree program for respiratory therapy, department of cardiopulmonary sciences, School of Allied Health Professions. Between both teams, LLU won three out of the six rounds it played. One team reached the semi-finals. Those team members were senior students Faisal Biyari, Abdullah Alismail, Joshua Napod, and Joseph Diaz.

“They could have easily gone to the finals if they had won,” says Alan Alipoon, instructor in the

cardiopulmonary sciences program and manager of education in the department of respiratory care services at Loma Linda University Medical Center.

The members of the other team were junior students Benjamin Peraino, Dan Ngo, Terrell Black, and James Luong.

For more than 10 years, Mr. Alipoon has coordinated the Sputum Bowl for all of Southern California along with Michael Terry, who moderates the competition. Mr. Terry is a manager for research and information systems at LLU Medical Center.

Mr. Alipoon encourages LLU students to compete and has high hopes for next year’s senior team, currently juniors.

“As a hiring manager for the medical center, it is good to see students who are motivated and challenge themselves,” he says. “When they graduate, I know these students will be good



It was a nail-biting moment for scorekeeper and Loma Linda University Instructor Alan Alipoon (far left) as (from left) junior Benjamin Peraino, senior Faisal Biyari, and senior Abdullah Alismail had just 10 seconds to ponder their answer in the April 7 Sputum Bowl.

candidates for hire because they have gone a step farther in their knowledge base.”

Crafton Hills College won the Inland Empire competition. In May, those students will

compete in San Diego in the finals for all of California. Both Mr. Terry and Mr. Alipoon will be on hand to run the competition. In November, the San Diego winners will travel to Tampa, Florida, to compete for the national title.

LOMA LINDA UNIVERSITY CHURCH

LLUC vespers provides quality programs

By Larry Kidder

One of the better-kept secrets in the Loma Linda area is the quality programming taking place most Saturday afternoons at the Loma Linda University Church (LLUC) vespers.

The programs are televised, perhaps providing an excuse for people to stay home and watch. However, the experience of the live program typically far exceeds the broadcast.

A combination of local and visiting musicians and groups provides for a wide variety of musical tastes and expectations. Saturday, April 30, will feature the Loma Linda Academy String Ensemble, headquartered at LLA.

Other upcoming programs include:

- **May 7:** “Damien,” a one-man play with Dr. Kenneth Wright
- **May 14:** LLUC children’s music ensembles
- **May 21:** LLUC Choir and Sanctuary Orchestra Spring Concert
- **May 28:** Loma Linda Academy Canticles and ProMusica Spring Concert
- **June 4:** La Sierra University Chorale and Chamber Singers
- **June 11:** Soli Deo Vocalis Korean Choir from Los Angeles
- **June 18:** Angela Kraft, organist

Loma Linda University Church is located at 11125 Campus Street in Loma Linda.



The Loma Linda Academy String Ensemble (above) will perform for the Loma Linda University Church vespers program on April 30.

INSPIRING STORIES

Documentary on Haiti provides life-changing experience for young people

By Dustin R. Jones

More than 400 students from the Chicago area witnessed what was, in their own words, a life-changing experience.

"I used to be afraid of facing hard struggles in my life, but seeing the amazing film 'Out of the Rubble' made me believe that I truly can achieve something," wrote one seventh-grade student, following a viewing of the documentary in February.

The documentary film, "Out of the Rubble," is a co-production of Loma Linda University and Adventist Health International. It tells the story of young Sebastien Lamothe and others at the Hopital Adventiste d'Haiti following the devastating earthquake on January 12, 2010.

The film served as a focal point at the Loma Linda University booth during the 2010 General Conference Session in Atlanta, Georgia. Thousands in attendance saw the visually stunning story of young Sebastien, and many more asked how they could be a part of helping those in need.

"Many individuals came up to me asking how they could get a copy of 'Out of the Rubble' to show their church group, send to friends, or watch again for themselves," says Cosmin Cosma, MA, co-director of the film.

Less than one month after the earthquake, Mr. Cosma and Michael Wolcott, MA, traveled to the Adventist hospital in Haiti, where they discovered Sebastien and were gripped by his story.

"Here is a young boy who has experienced tremendous devastation in his life, including the loss of a limb, but he continues to smile

and share smiles with those around him," states Mr. Wolcott, who served as co-director for the film.

Both Mr. Cosma and Mr. Wolcott are video production specialists for Loma Linda University.

In March of this year, Mr. Wolcott received a letter from Nick Angotti, co-founder and executive director of the Peace On Earth Film Festival.

"Michael," the letter begins, "I just wanted you to know that we screened 'Out of the Rubble,' in two separate sessions, to 400 Chicago school students and their teachers on the first day of the 2011 Peace On Earth Film Festival. We have yet to go through all the letters and evaluation cards; however, I can tell you that Sebastien and your film have absolutely inspired our youth. They talked during the discussions of how Sebastien reminded them to appreciate what they have. How he 'continued to smile, even though he lost his leg and most of his family' and much more. On behalf of Peace On Earth Film Festival, thank you. Nick Angotti."

The 2011 Peace On Earth Film Festival was hosted by the Chicago Department of Cultural Affairs and took place at the Chicago Cultural Centers' Claudia Cassidy Theater from February 25 through February 27.

Thirty films were selected out of 150 international entries, raising awareness of peace, nonviolence, social justice, and an eco-balanced world.

"You should really show these movies to schools and other young people," wrote another seventh-grade student. "If I took the time to realize what I take for granted and



Eight-year-old Sebastien Lamothe (center) is the focus of the documentary film "Out of the Rubble," which has inspired many across the nation.

that I can live up to my expectations, others should too."

One student was so moved by the presentation of young Sebastien, she wrote a two-page handwritten letter explaining how much the film had changed her life.

"Watching this young boy fight through hard times, and having the strength to keep moving forward, really made me think twice about my living situation here in America," she wrote. "This film touched my heart in many different ways. I thank you so much for giving me an opportunity to examine the life of a Haitian. For now I am praying to GOD for all of those who are struggling, but believe me, I will be the change you wish to see in the world!"

"In final consideration, this adventure you have given me was truly a life learning journey. You have made a big impact on the world for letting young adults like us experience these life stories from different cultures. Someday I hope there will be peace in the world, and we won't have to worry about starvation or violence. I'm hardly

worried, because I know our Lord will get us through it."

In addition to changing lives among young children, the documentary has inspired works of art. Currently, there is a painting in the LLU Medical Simulation Center in Centennial Complex that was produced in honor of Sebastien's story.

Others across the nation have read the story or watched the film and have been inspired to donate to Hopital Adventiste d'Haiti and the work that continues in Carrefour, Haiti.

Later this month, "Out of the Rubble" will be screened at the Newport Beach Film Festival, Newport, California. The film has also shown at LA Film & Music Weekend, and it will be available next month through <IndieFlix.com>.

As the film continues to reach entirely new audiences who have not heard the story, the inspiration of Sebastien's story will continue to give hope. "Out of the Rubble" can be viewed at <www.llu.edu/360>.

Loma Linda University School of Nursing welcomes alumni during weekend reunion ...

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recipients of the coveted awards presented by the LLU School of Nursing alumni association.

Greg Van Fossen is originally from Riverside. His father encouraged him to choose an occupation involved in helping others. He also had an interest in aviation, which he passed along to his son. Mr. Van Fossen was taught to fly by his older brother, Dennis, and received his private pilot certificate the summer after graduating from La Sierra Academy in 1982.

He worked at Loma Linda University Medical Center from 1984 to 1994 in orthopedics, cardiothoracic ICU, and critical care transport. In 1986, he completed his bachelor's degree in nursing at LLU. Following his graduation, he decided to explore a more independent role in nursing, which would build on the clinical experience he had gained. He went through the nurse practitioner course at Sonoma State University and received his MS in nursing in 1991.

While working in the clinics of Riverside-San Bernardino Counties Indian Health, he met his wife, Chrystal, during a Halloween party in 1992—she was dressed as Cleopatra. They married in 1993. In 1995, he and Chrystal

moved to Washington, where he worked in family practice for about six years.

Since then, Mr. Van Fossen has served in various settings, including mobile health care, emergency medicine, urgent care, and occupational medicine.

The family moved to Banning in 2001, and then to northern Indiana in 2004, where their current residence is. They started to provide support to a missionary family through Adventist World Aviation in 2002.

In 2007, that family invited them to come do mission work in Guyana. As part of the preparation for moving to Guyana, Mr. Van Fossen has completed a couple of flight instructor ratings and attended Adventist Frontier Missions training for missionaries, along with his wife. He is presently completing the mission pilot training at Mission Aviation Fellowship in Nampa, Idaho, in preparation for their move to fulfill a six-year commitment as missionaries.

Mr. and Mrs. Van Fossen, along with their 12-year-old son and 11-year-old daughter, have rented out their home and are currently "homeless" until they move to Guyana.

Also receiving the Alumna of the Year Award was Naomi Bullard. Ms. Bullard attended Oakwood College (now Oakwood University), Huntsville, Alabama, and came to Loma Linda University in 1958, where she received her nursing degree in 1961. For the next six years, Ms. Bullard taught at Loma Linda University School of Nursing and concurrently worked on her master's degree. Following completion of her degree in 1967, she pursued her dream of helping others in the mission field.

From 1967 to 1980, Ms. Bullard went to the Mugonero Adventist Hospital, in Rwanda, as a "sister tutor" to what initially started out as a nurses aide program. Through her commitment to service and excellence, this small program became a school of nursing with the collaboration of three other teachers. By this time, the school of nursing was only the second in the country. In 1972, the Trans-Africa Division news bulletin, *Outlook*, celebrated the first class of 11 male nurse graduates. During her time in

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Merit Scholarship Award winners Svetlana Welebir, Cheary Shelim, and Christian Rucibwa listen as their names are read by Kathie Ingram, MSN, associate professor of nursing (left). Not pictured is Emily Cunningham, who also received a scholarship.

EMPLOYEE TRAVELOGUE

Joshua Tree National Park: antidote for the winter 'blahs'

By James Ponder

Every so often, folks who work, study, or live in Loma Linda find themselves fighting cabin fever. That's exactly what happened to Janette Whittaker-Allen, Praktan Kokila, Bruce Nutt, Susan Onuma, Matt and Sarah Schrag, and yours truly on Sunday, March 27. After three weeks of dank and gloomy weather, we were ready for a change.

Since it's only an hour-and-a-half drive to Joshua Tree National Park—and since the desert was forecasted to be considerably warmer

than Loma Linda that day—the seven of us headed down Interstate 10 in that direction.

Oh, right, the introductions: Janette Whittaker-Allen is a pediatric heart transplant outpatient coordinator at Loma Linda University Medical Center (LLUMC). Praktan Kokila, MBA, is a patient registration representative at LLUMC. Bruce Nutt is a landscape worker at Loma Linda University Shared Services (LLUSS). Susan Onuma, MBA, is an assistant professor of health policy and management in the LLU School of Public Health. Matt Schrag will graduate this May with his MD and PhD degrees

from the LLU School of Medicine. Sarah Schrag, Matt's wife, is a project specialist at the clinical trials center of LLU Health Care. Yours truly is a publications editor and writer for LLU Shared Services.

What brings us together—besides the fact that we all either work or study at one LLU entity or another—is our mutual passion for photography and adventure. We meet once a month for a field trip, and since Joshua Tree offers an endless variety of fascinating terrain, we know we'll find plenty to see and explore.

A slight downpour spatters the windshield, but we don't care. We're en route to adventure in this vast, 792,623-acre desert playground. The photographic impulse is pounding in our veins; absolutely nothing can stop us now!

Well, nothing but burritos. By the time we pull into Santana's Mexican Food in Yucca Valley—think big flour tortillas stuffed with beans, rice, cheese, potatoes, and tangy salsa—the skies are bold-faced blue and cloud-free. The air is warm, ravens are soaring, and the storms of Loma Linda are light years away.

Somewhere near the end of his burrito, Matt notices a feed store across the street and suddenly develops a craving for a brand-new cowboy hat. "My old one's full of holes," he explains.

Matt's hardly what most folks would consider a typical cowpuncher. He'll soon be riding off to Yale University for a neuroscience residency. But for reasons not clearly articulated, the man wants a new sombrero and right now would be just fine.

"You don't suppose they'd have one?" he inquires with pleading eyes. Since none of us know, we hastily finish our lunches and then amble across the street to have a look, dodging Harleys and dilapidated pickups as we go.

Unfortunately, Matt's out of luck. There isn't a hat in the house except for the one on a forlorn statue of John Wayne out front. Sarah, however, has a craving of her own. The feed store sells live baby chickens and Sarah quickly succumbs to their adorable charm.

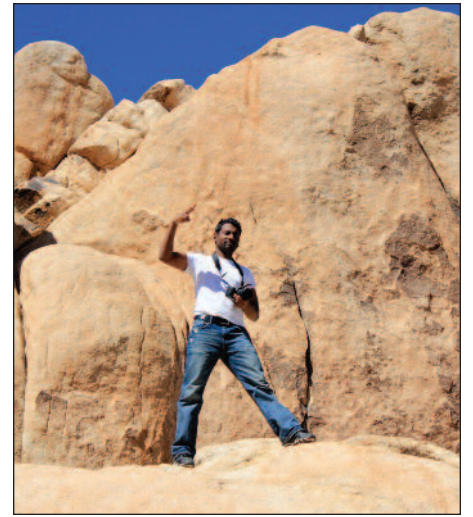
"Ooh," she begs Matt. "Can we please take these home?"

Thinking quickly, Bruce saves their marriage with a request of his own. "Let me hold one of those cute little things," he insists. "Are you saying you like to pick up chicks?" someone inquires.

The question is inundated under a volley of groans. Susan, Bruce, and Janette shake their heads with an "Oh, brother!" expression on their faces. The rest of us get busy snapping pictures of the perky little peepers.

Minutes later, we're driving through one of the amazing mystical landscapes of the world. If you've never been to Joshua Tree, imagine a crew of goofy space aliens intent on creating a topsy-turvy movie set for a surrealistic sci-fi flick. There are weird, spiky plants and ramshackle boulders everywhere; it looks like a locale from the far side of a distant galaxy.

By the time we get to Hidden Valley, every-



Praktan Kokila, MBA, a patient registration representative at Loma Linda University Medical Center, flashes a victory sign after scrambling up a hillside of monzogranite boulders at Joshua Tree National Park. Mr. Kokila went with six other photography enthusiasts from Loma Linda University on Sunday, March 27.

body's raring to go. Praktan scampers up a 10-story boulder like a bighorn sheep. Matt and Sarah move in on a cluster of tiny flowers. Susan snaps photos of everything in sight.

Bruce, on the other hand, is more selective. He's closing in on a cagy, gray-brown lizard with turquoise speckles on its back. The wily reptile evaluates him with a sharp eye, but Bruce steals his way in and snaps a picture before the wary critter disappears into the underbrush.

Janette, meanwhile, has moseyed her way a couple hundred yards down the trail. She's framing a fearless rock climber halfway up the side of a "ginormous" rock wall. I'm looking for a Claret Cup cactus I saw last spring. When I finally find it, the plant is missing the lush carmine blossoms that made it such a thing of beauty a year ago.

Hours drift by in blissful insignificance as the sun wanders the sky. By the time we discover a prehistoric Native American metate and pictograph from centuries past, it's already 2:00 p.m. An hour later, we're depicting the bubblegum-hued ruins of Wonderland Ranch, all glorious and decrepit. The temperature is 85 degrees; the somber winter that drove us to the desert is a distant memory.

After taking dozens of photos of Arch Rock, we find ourselves pulling up to the final destination of the day. Axis light skims in from an angle, backlighting the thorn-encrusted cactus of the Cholla Forest. We follow the trail through the prickly maze wondering how plants that look like teddy bears can be so vicious.

A month later, Matt is still wondering about that. After deftly picking his way through the thorny wilderness for a closer view of a nonchalant jackrabbit, Matt bent down to photograph the magenta flowers of a hedgehog cactus in bloom. In the process, he backed into the unforgiving bayonet of a cholla.

"YOUCH!" he exclaimed grimacing in pain. "That hurts!" As Bruce dug the spines out of Matt's tender flesh, the jackrabbit lifted his gaze to see what caused the ruckus. He glanced up for only a moment, then wiggled his nose and went back to grazing.

It's not the first time this has happened at Joshua Tree. It doubtless won't be the last.



Western icon John Wayne (the one in the hat) and soon-to-graduate LLU School of Medicine student Matt Schrag take time for a little male bonding during a March 27 photo expedition to Joshua Tree National Park. Mr. Schrag will head to Yale University in Connecticut for a neuroscience residency after graduating with MD and PhD degrees this May. When asked how he plans to adapt to New England winters, Mr. Schrag quips, "I'll use my 'Get out of Yale Free' card."



Careless hikers in the Cholla Forest will soon find themselves on the thorns of a dilemma! They may look like backlit teddy bears, but the prickly plants are armed with barbed bayonets, which are very painful to remove.



The famous Red Lady pictograph at Joshua Tree National Park is thought to have been painted by a shaman from the Chemehuevi Culture that thrived in the area approximately 400 years ago. It is located inside a narrow tunnel formed by overhanging boulders and was painted with dyes likely obtained from natural plant or mineral sources found in the area.



Susan Onuma, MBA, an assistant professor of health policy and management at the LLU School of Public Health, takes aim at a nearby viewpoint while Bruce Nutt, a landscape worker at Loma Linda University, looks on. The adventurers are standing on a large boulder beneath Arch Rock at Joshua Tree National Park.

CAMPUS SAFETY

Safety coordinators' banquet honors those who kept us safe in 2010 and beyond

By James Ponder

Three things quickly became apparent at the 2011 safety coordinators' banquet, held in Wong Kerlee International Conference Center of Loma Linda University on January 27:

- First, to the nearly 200 people who attended the event, keeping the rest of us safe in the work environment is priority number one;
- Second, employee safety is a very important matter to officials of Loma Linda University, as witnessed by the number of them who turned out; and
- Third, a good safety record is worth celebrating in style.

After a welcome from Don Bender, the LLU safety officer who subsequently retired after 51 years of active service to the organization, Jim Greek, DMin, director of chaplain services at LLU Medical Center, likened the work of the safety coordinators to a recently formed commando unit dedicated to combating Somali pirates on the high seas.

"Like the anti-pirate strike force," Chaplain Greek said, "you're the good guys who have decided to make a difference in the lives and safety of us all."

Kevin Lang, MBA, chief financial officer for

Loma Linda University Adventist Health Sciences Center (LLUAHSC), told the attendees, "All of you are doing great work, and I just want to thank you!"

Mark Hubbard, senior vice president for human resource management, added his praise for the work of the safety coordinators before inviting George Johnston, PhD, assistant vice president for risk management, to the podium.

Dr. Johnston thought he was only being called forward to announce the 2010 winners of the Excellence in Safety awards and the winner of the 2010 Safety Coordinator of the Year award. But in reality, he was also given an award of his own. Mr. Hubbard announced that 2011 marks the 20th year Dr. Johnston has served the organization as an assistant vice president, and presented him with a commemorative plaque in honor of the occasion.

In presenting an Excellence in Safety Award to Alisa Wilson, manager of infection control, and safety coordinator at the LLU School of Dentistry, Dr. Johnston noted that Ms. Wilson achieved the goal of 100 percent compliance in both fire extinguisher training courses and *B.L.U.E. Book* completion among all employees under her jurisdiction in 2010.

In presenting the second Excellence in Safety Award to Michelle Hardeman, administrative secretary at the LLU International Heart Insti-

tute, Dr. Johnston noted that she maintains egress corridors free of obstruction throughout her department at all times, and that she made certain that every one of her employees completed the *B.L.U.E. Book* in 2010.

Dr. Johnston cited three reasons for the decision to award the 2010 Safety Coordinator of the Year award to Lydia Cimpoeu, MS, educator in the ambulatory infusion center at LLU Medical Center:

- First, Ms. Cimpoeu maintains staff demographic data for emergency notification in case of a disaster;
- Second, Ms. Cimpoeu trains all the members of her staff in departmental evacuations plans; and
- Third, her department received a perfect score from the Environmental Safety and Health Administration.

"We really, really value what you do for us and for the people that you serve," Dr. Johnston told Ms. Cimpoeu.

As for the safety coordinators themselves, they're hard at work at this very moment ensuring the health and safety of all LLU employees.

As Donna Gurule, MPH, environmental health and safety officer, told attendees at the event:

"You are our eyes and ears for safety. You are the front line in helping our institutions remain safe for everyone—patients, students, staff, faculty, and visitors—to enjoy."



At the conclusion of the 2011 safety coordinators' banquet at Loma Linda University, Mark Hubbard, senior vice president for human resource management, and Lydia Cimpoeu, MS, educator in the ambulatory infusion center, smiled for the camera with the plaque presented to Ms. Cimpoeu in honor of winning the 2010 Safety Coordinator of the Year award. In announcing the award, George Johnston, PhD, assistant vice president for risk management, told Ms. Cimpoeu, "We really, really value what you do for us and for the people that you serve."

EMPLOYEE HEROISM

How a home care services employee stood in for the Good Samaritan

By James Ponder

A physical therapy assistant with Loma Linda University Medical Center home care services wasn't planning to become a Good



Terry Castaneda, a physical therapy assistant with Loma Linda University Medical Center home care services, witnessed a car collision on her way to an appointment in Moreno Valley the morning of Friday, March 28. She stopped to help, staying with the victims until paramedics arrived. "There was no way I could just look away and not help!" she says.

Samaritan the morning of Friday, March 28, but that's exactly what happened.

At approximately 11:20 a.m., Terry Castaneda was driving from Hemet to her next appointment in Moreno Valley. She was about to turn onto Gilman Springs Road when something told her to slow down and pay attention.

"It's a dangerous road on a dry day," Ms. Castaneda says, "but this was in the middle of a downpour that only lasted five minutes."

Immediately after turning onto the road, two cars directly in front of her collided right before her eyes. "I looked ahead and saw the accident happen," she recalls. "I stopped the car to see if anyone needed help."

She continues, "Both cars were pretty badly damaged, but the driver of the one furthest from me had two adults attending to him."

She remembers, "The driver from the car closest to me, a teenage girl, was out of the car and walking, but she looked confused. She couldn't find her sister, who had been ejected from the car."

The speed at which accidents happen can sometimes obscure a driver's awareness of what is taking place immediately in front of her. Given the limiting atmospheric conditions and rapid-fire pace in which the accident occurred, Ms. Castaneda wasn't even sure what she had just witnessed.

"I saw her being ejected from the vehicle," she says of the missing sister, "but since it was pouring down rain and the sister was dressed in black, I thought I had seen a tire fly away from the car. But when the driver told me it was her sister, I realized I had actually seen the girl being ejected."

Startled into action, Ms. Castaneda began searching for the ejected passenger. "I had to cross the highway to the other side," she notes. "I was calling her name and looking everywhere."

Finally, she heard groaning. Moments later, Ms. Castaneda found the teenage girl halfway down an embankment.

"She was in shock," she details. "I kept talking to her, but she responded by talking gibberish. I told her not to move. She was bleeding from her head and had cuts and abrasions on her face. Her arms and legs were clothed, so I couldn't tell if she was bleeding there or not. She was wearing socks, but her shoes were scattered on the road. She had lots of bruises and scratches."

Ms. Castaneda felt that the ejected girl needed someone to stay with her and encourage her to have hope.

"I kept her calm," she reports. "I didn't let her move because I've seen a lot of spinal cord injuries that were caused when people were moved following an accident."

She stayed with the young victim until paramedics arrived approximately 15 minutes after the accident.

"I was surprised they could get there so fast," she observes. "Gilman Springs Road is a very windy,

two-lane highway."

After the paramedics stabilized the girl and put her in the ambulance, Ms. Castaneda ran back across the highway to see how the other victim was doing.

"I asked the man, who was trapped in the wreckage of his car, if he needed me to call anybody," she explains. "He kept fading in and out of consciousness and couldn't remember any phone numbers. Finally, he remembered his ex-wife's number, so I called her."

"She was very concerned about him," Ms. Castaneda says. "The man was in his late 20s or early 30s and they have a child together. She asked me to take pictures of the crash for insurance purposes, and said she would call his parents to let them know."

Before long, paramedics extracted the man from his vehicle and took him to a nearby hospital for help.

Ms. Castaneda has been working at LLUMC home care services for almost three years. Prior to that, she graduated from Cal State Fullerton with a bachelor's degree in kinesiology and completed the physical therapy assistant program at Loma Linda University.

She and her husband, Bernie, a surveyor for the County of Riverside who is completing his last semester of civil engineering, have two children: 4-year-old Nathan, and 20-month-old Isabelle; a third child is on the way.

Not surprisingly, love for her own family motivated Ms. Castaneda to stop and help the victims of the accident.

Continued next page

TRIBUTE TO SPECIAL DONORS

Crowd of 500 attends memorial service for those who donated their bodies to science

By James Ponder

A crowd estimated at 500 people attended a special memorial service to honor people who donated their bodies to educate the next generation of health professionals in human anatomy. The event was held in the sanctuary of Loma Linda University Church on Thursday, April 21, at 11:00 a.m.

The service was conducted as a tribute by students from three of the eight schools at Loma Linda University to the people they call their silent teachers—individuals who made the decision, while they were still alive, to allow their bodies to be dissected in order to help future health care professionals learn human anatomy firsthand.

Before the service began, family members and friends of the deceased donors brought pictures down to the front and placed them on a table of remembrance.

“I am very pleased that so many people brought pictures,” says Darrell Petersen, MBA, director of anatomical services at Loma Linda University School of Medicine. “I did not expect that many. The pictures allowed the students to make a special connection with the faces of our donors.”

More than 35 students spoke reverently or offered heartfelt musical tributes during the hour-and-a-half-long program. One student likened the donors to Jesus Christ in that they gave of themselves, asking nothing in return.

Another said that she often wondered, while dissecting the hand of a donor, about the person who had so generously willed her body to science. Many students shared their love for the deceased, and one physician-in-training nearly broke into tears at the conclusion of her testimony.

“It was a very touching service,” Mr. Peterson



Approximately 500 people took part in a special memorial service to honor those individuals who donated their bodies to science. The program was planned and conducted by students from three of the eight LLU schools.

adds. “It brought many people to tears. And I was very proud of our students!”

“We received many applications from people in attendance, saying they would like to donate

their bodies in the future,” he continued. “One family member, whose spouse was honored today, told me she is registered to become a donor as well. She told me, ‘I now know that this is the right thing for me to do.’”

STUDENT EXCELLENCE

Infection control and safety winners

By Doug Hackleman

Alisa Wilson, manager of infection control and safety coordinator, challenged the LLU School of Dentistry class of 2014 and the dental hygiene class of 2012 during her September 21 presentation on infection control/safety, to find and identify a specific Occupational Safety and Health Administration (OSHA) violation in a training video.

Five students accepted the challenge. One successfully identified the OSHA violation and was awarded a prize of \$50.

At the end of the class session, Ms. Wilson; Leigh Ann Evans, educational support specialist; Daryl Osborne, multimedia specialist; and Steven Morrow, DDS, MS, director,

patient care services and quality assurance, congratulated Melissa Eek, School of Dentistry class of 2014, and presented her with 50 taped-together dollar bills that she pulled, like a magician’s scarf, from a box.

Two of Ms. Eek’s classmates, Michael Lim and Yeganeh Parhizkar, each were presented with \$26 (five \$5-dollar bills and a \$1-dollar bill) folded in the shape of a shirt, for being the first to score 100 percent on their infection control test; and a third, James Gordon, was acknowledged with a \$25 Claim Jumper gift card for his professional behavior and follow-through regarding a technical issue.

All students attending the infection control/safety lecture passed the infection control/safety test with five scoring 100 percent.



Melissa Eek extracts her \$50 prize from Alisa Wilson as Dr. Morrow and students look on.



Alisa Wilson (left) and Dr. Morrow (far right) bracket prize-winning students (from left) Melissa Eek, Yeganeh Parhizkar, Michael Lim, and James Gordon.

Continued from previous page

“When the first driver said her sister was missing,” she recalls, “I put myself in that situation, thinking of my sister. I think that’s what God wants us to do—to help each other and encourage each other. There was no way I could just look away and not help!”

“When I was talking with the man who was injured, I kept thinking, ‘He has a daughter and I have children.’ I kept praying for the victims and talking to them, encouraging them to hang in there, and telling them help was on the way. I believe there is power when we pray, and I prayed for them until help arrived.”

Looking back, Ms. Castaneda is glad she became involved.

“I got a call from the insurance adjuster for the girls the other day,” she reports. “According to their dad, the girls are doing fine. The one who was thrown from the car landed on soft bushes. The gentleman, on the other hand, had a hip fracture and his legs were broken in three places. He’s still pretty upset about it, but hopefully, he’ll recover, too.”

“It could have been much worse,” she concludes. “I think God had a lot to do with the fact that they weren’t injured more seriously.”

School of Nursing welcomes alumni during weekend reunion ...

Continued from page 8

Zamora, who read the years of graduation as classmates stood to be recognized.

Marilyn Herrmann, PhD, dean of the School of Nursing, gave a brief report on the state of the school, along with the success that has been achieved over the past year, as well as the challenges.

“Our teachers continue to instill a love for

missions in our students,” said Dr. Herrmann. “This year, under the guidance of faculty members, we have students working with at-risk populations in San Bernardino, doing mission electives in Africa, going on SIMS mission trips, and helping tutor children in after-school programs in our community.

“It is only because of the generous support of you, our alumni and friends, that we have been able to help both faculty and students with

scholarship support so that they have been able to continue with their studies.”

Dr. Herrmann noted that, in this past year, 95 students received a total of \$225,000 in scholarship assistance.

“Some of these students would not have been able to continue in school without your generous support,” Dr. Herrmann continued. “On behalf of those students and faculty, I

would like to thank you for sharing your financial resources with them.”

Four Merit Scholarship Awards were presented. Receiving these awards were Emily Cunningham, Christian Rucibwa, Cheary Shelim, and Svetlana Welebir.

In addition, two Alumni of the Year Awards were presented during the alumni banquet. Greg Van Fossen, MS, class of 1986, and Naomi Bullard, MS, class of 1961, were the

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EMPLOYEE HEROISM

Security officer saves infant’s life

By Nancy Yuen

Paul Lovell was at work in his Loma Linda University Medical Center security car when he heard the message. An emergency call had been received at Loma Linda University Medical Center’s control center; a woman was frantic, her baby had stopped breathing. Officer Lovell made a note in his log: it was 9:45 p.m.

The family was staying at the Ronald McDonald House, but there are two Ronald McDonald Houses in Loma Linda, and they hadn’t identified which one. The control center operator would call the fire department as soon as Officer Lovell verified the address.

The closest Ronald McDonald House was nearby, on Stewart Street, and as Officer Lovell shone a spotlight on the house a woman ran toward him, waving her hands. “My baby isn’t breathing!”

Officer Lovell notified the control center of the location and made his way to the door, jumping over a flowerbed in his haste to help the infant.

The baby’s parents had placed her on a counter on the kitchen; she was still and her father was attempting to give CPR. “He let me take over right away,” remembers Officer Lovell.

She was tiny, just four months old. And she was so still, so delicate. He leaned over her, gently tilted her head back, breathed two puffs into her nose and mouth as he had first learned so many years ago, and began compressions using two fingers. He pressed down one-and-a-half inches each time, about one third of her body’s height. He reviewed the CPR guidelines as he worked.

Next, breathe into her nose and mouth ... then 30 compressions. Keep going. Still no response, no heartbeat, not the faintest movement, no breath. “Please, God, make her heart start beating.”

He noticed a small scar on her chest. “What happened, what’s this?” he asked. “She’s a heart transplant baby,” her mother said.

Officer Lovell became certified for CPR when he started his law enforcement career in 1988, and then took classes to become recertified every two years.

While working for the Whittier Police Department and later for a tribal police department, he had arrived at the scene before the fire department several times and had given CPR to adults. But he would never forget one call many years ago where another baby whose father, high on drugs and alcohol, had tired of the



Paul Lovell, an officer in the Loma Linda University Medical Center security department, was able to save the life of heart transplant infant, whose heart had stopped. To the infant’s mother, his successful efforts will always make him a hero in her mind.

infant’s cries and had wrapped the baby in blankets and surrounded him with pillows.

When the mother had returned, her baby wasn’t breathing. Officer Lovell was first on the scene and had administered CPR until paramedics arrived, but it was too late.

He kept working. “Please, God, make her heart start beating.” And then a miracle: he felt the baby’s heart begin to beat. He paused. Still no breath. The paramedics would arrive at any moment. He breathed into her nose and mouth one more time; she still had a strong heartbeat.

And then she took a breath. It was a rough breath and it seemed way too long before she took another. It was the most beautiful sound he’d heard.

Then the paramedics arrived and attached leads to her chest, gently placing her on a gurney and transporting her to the emergency room. Back in his security car, Officer Lovell made another

entry in his log: just nine minutes had passed since he first received the call.

“I was happy,” says Officer Lovell, “that she arrived safely at the emergency room where the doctors immediately began taking care of her. I knew my job was done, and I continued with my shift as if nothing unusual had happened.”

When Suzy Douma, director of the security department, learned about Officer Lovell’s actions, she called to thank him.

A few days later, he was surprised to receive a letter of commendation from LLU Medical Center administration.

Officer Lovell remains humble. “As an officer you just want to help,” he emphasizes. “You don’t panic, your training takes over.”

But to the parents of a little girl who already had received the miracle of a new heart to help her live, Officer Lovell remains a hero.

NURSING ALUMNI

School of Nursing welcomes alumni during weekend reunion

By Dustin R. Jones

School of Nursing classmates who hadn’t seen each other for more than 50 years, in some cases, were reunited during the LLU School of Nursing alumni weekend.

The weekend of April 8 and 9 began with Friday events that included tours of West Hall and the new Centennial Complex. The Sabbath morning church service was presented by the golden anniversary class of 1961, with Sabbath school organized by the silver anniversary class of 1986.

A highlight for most alumni occurred Sabbath afternoon during lunch, where the classes separated into groups and reconnected with each other. Memories were shared, mixed with tears.

“I want to thank all the alumni who came to celebrate the alumni weekend on April 8–10,” says Zelne Zamora, DNP, president of the School of Nursing alumni association. “We enjoyed hearing you share your stories about your time here at the School of Nursing and your adventures in your respective nursing careers. We share in your successes as nurses, missionaries, educators, and community leaders.”

Just prior to the alumni banquet, several School of Nursing students gave a presentation of their recent mission trip to Botswana with Dolores Wright, DNS, associate professor of nursing.


The banquet started with a roll call from Dr. Please turn to page 7



Greg Van Fossen, LLUSN class of 1986 (right), is presented with the School of Nursing alumni association Alumni of the Year Award from classmate Lisa Highton (left).



Banquet attendees June (Kobayashi) Yoshida and Eleanor (Deer) Fedak, both members of the class of 1961, share a smile during the festivities.



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